

SEPTEMBER

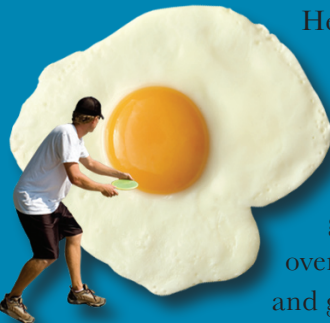
RECIPE

Juicy Apple Pork Chops: Add these juicy pork chops flavored with apple to your family’s recipe selection. Kids will love them. Serves 4.

Ingredients:

- 4 (about 1 lb. total) 1/2-inch-thick pork chops trimmed of fat
- 2 tablespoons all-purpose flour
- 1 tablespoon oil
- 1 medium onion
- 1 cup unsweetened 100% apple juice
- 2 cloves garlic

Directions: Season pork chops with salt and pepper. Dust with flour.



Heat olive oil in a large, nonstick skillet over medium heat. Add pork chops; cook on one side until golden. Turn pork chops over; stir in onion, juice, and garlic. Bring to a boil.

Reduce heat, cover, and cook for 7 minutes or until pork chops are no longer pink in the center.

“ My son and I love to fish. There are a lot of high-mountain lakes around where I live that I used to take my 4-wheeler up. We started hiking to them, and I not only got to know my son a little better, but I also noticed I didn’t get out of breath as easily. ”

Jacob, Pocatello

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	04	05
06	07 Labor Day	08	09	10	11	12
13 Grandparent's Day	14	15	16	17	18 Rosh Hashanah Begins at Sundown	19 Rosh Hashanah
20	21	22 First day of Autumn	23	24	25 Native American Day	26
27 Yom Kippur Begins at Sundown	28 Yom Kippur	29	30			

Did you know it’s...
Fruit and Veggies – More Matters Month,
Healthy Aging Month,
National Cholesterol Education Month,
Family Health & Fitness Day’s USA Day – September 26,
National Women’s Health & Fitness Day – September 30,
Prostate Cancer Awareness Month



Our daily lives can get stressful, and stress often leads to poor food choices. Get plenty of sleep and stay hydrated. Why not rent a funny movie or take a brisk walk with a friend who makes you laugh? Laughter will lighten your mood and can actually work your stomach muscles.



Healthy Life Tip

Cholesterol is a waxy, fat-like substance found in all cells of the body. The body needs some cholesterol to work the right way. People who have high cholesterol often have no symptoms and too much cholesterol can be serious. High LDL, or “bad” cholesterol, leads to a buildup of plaque in arteries. The higher the LDL level, the greater chance of getting heart disease. HDL is “good” cholesterol. HDL helps the body get rid of cholesterol that clogs your arteries. Ask your doctor to check your cholesterol at your next check-up.